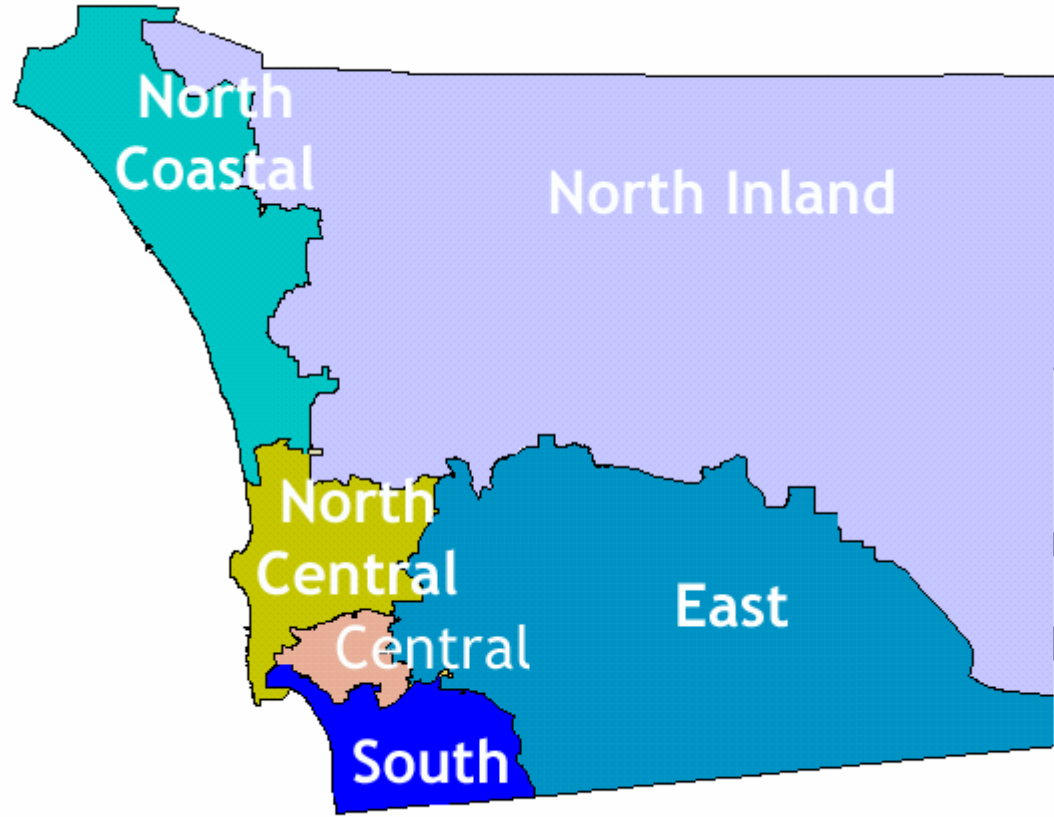


FOOD ASSISTANCE DIRECTORY

April 2006

County of San Diego



NOTE: Duplication and distribution of any part of this directory is encouraged among staff and other health agencies.

- ! This directory provides food assistance programs in a variety of situations, ranging from temporary help to on-going food needs.
- ! This information was current as of April 31, 2006; however, various aspects of food assistance programs change frequently.
- ! Please call to confirm the information listed before making any referrals.
- ! Churches are not listed as a separate category, however, most churches will provide emergency assistance to their parishioners or surrounding neighborhood.
- ! There are a number of child nutrition programs such as school breakfast, lunch, summer food service, after school snack and child care food reimbursement that can feed children on an ongoing basis. The San Diego Hunger Coalition (619) 427-6527 can be a resource for these programs.
- ! Food Stamp usage continues to be low; encourage clients to use this nutrition assistance program. Call 1-800-262-9881 to determine if an individual qualifies.

For additional information or copies, please call (619) 692-5601. Produced and distributed by:

***County of San Diego
Health and Human Services Agency (HHSA)
Maternal, Child and Family Health Services (MCFHS)
Child Health and Disability Prevention (CHDP) Program
P. O. Box 85222, P511H
San Diego, CA 92186-5222***

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*Referral Numbers Only

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1	AGING & INDEPENDENCE SERVICES/ HOME DELIVERED MEALS 9335 Hazard Way, Suite 100 San Diego, CA 92123 1-800-510-2020 Fax: (858) 495-5247	Mon - Fri: 8am to 5pm	Referral source for home delivered meals including Mothers' Day.	60 years and older and/or handicapped people. Donation. Home bound: One meal a day.	Call for program in your area. Referrals according to zip code. See website for additional resources: networkofcare.org
2	ALPHA OF SAN DIEGO <u>Uptown Alpha Project</u> 4101 30 th Street, Suite B San Diego, CA 92104 (619) 281-8411 Fax: (619) 281-8466	Mon – Fri: 9am to 1pm	Canned and dry goods. Frozen food when available.	Anyone in need.	Once a month. Need ID to sign up for membership.
3	BAYSIDE SETTLEMENT HOUSE <u>Linda Vista</u> 2202 Comstock Street San Diego, CA 92111-6502 (858) 278-0771 Fax: (858) 278-6193	<u>Office Hours:</u> Mon-Fri: 8:00am to 5:00pm <u>For Food:</u> Mon, Wed, Fri: 8:30am to 10am First 15 people	Food available almost always, strictly dependent on resource donations.	Agency referral any time. Anyone in need in Linda Vista area, zip code 92111. Proof of address. Once every three months. I.D. mandatory.	For immediate neighborhood only! If agency referral, call and contact before sending for appointment.
4	BIG SISTER LEAGUE, INC. 115 Redwood Street San Diego, CA 92103 (619) 297-1172 Fax: (619) 297-3908	Office open: 9:00am to 5:00pm	Food and housing for females. 24-hour residential facility.	21 to 63 years old. Females only. Transitional for women in crisis. Must have source of income. Women with mental illness or in crisis.	No wheelchair access. Face-to-face interview at shelter before acceptance.
5	BROTHER BENNO'S FOUNDATION 3260 Production Avenue Oceanside, CA 92054 (760) 439-1244 Fax: (760) 439-1271 X117	Business Hours: Mon – Fri: Open 6:30am to noon Breakfast: Mon – Fri: 6:30am to 8:00am, includes sack lunch Lunch: Sat. 10 am to 11:30am	Meals as listed under hours. Bread: 4 loaves limit. Mon-Fri: 10am to 11am Lunch: Hot lunch only if working. Food box for families: 1 food box per month.	Register in office. Anyone. Additional services require ID, eligible to North County residents only.	Showers 6:30am to 9am. Must sign up for shower. Clothing 6:30am to 8:30am when available. Mailing addresses/message available for homeless. Bus passes for medical with proof, if available.

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	NAME	HOURS	WHAT'S AVAILABLE	ELIGIBILITY	COMMENTS
6	CATHOLIC CHARITIES <u>Emergency Assistance Program</u> 349 Cedar Street, Room 101 San Diego, CA 92101 (619) 231-2828 Fax: (619) 234-2272 X102 <u>Rachel's Women's Center</u> 759 8 th Avenue San Diego, CA 92101 (619) 696-0873 Fax: (619) 696-9042 <u>St. Francis Center</u> 328 Vista Village Drive Vista, CA 92083 (760) 631-4792 Fax: (760) 631-8238	Food Pick-up: Mon - Fri: 9am to 11:30am 1pm to 3:30pm Sign up at 8am and Noon Mon – Sun: Lottery for lunch: 9:45am (Can feed 50) 11:30am to 12:30pm Day Center 7 days: 7am to 5pm Mon – Fri: 8:30am to Noon	Non-perishable food for 2-3 days. Perishable food available (varies). (Emergency only.) \$35.00 per year. Serves homeless females. Night shelter for 35 women. Food for individuals and families. Staples for cooking (3 day supply). Emergency assistance information and referral only. Vouchers for clothing.	Identification and proof of current residence in San Diego. Any zip code and a rent receipt for current month. First come/first served. IDs for others in household. 18 years and older. Single. Walk-in. “Lottery System” used to assign beds at 7:30 Open at 7am. to sign up. Anyone in need, 18 years and older. Walk-ins. Agency referrals. Photo ID required. 3 times per year. Proof of residency. North County, except Oceanside. SS# for all household members.	Can refer people to agency closer to their area. Walk-in accepted. Medical screening. Alcohol support groups. NA and AA. Physically able to climb 30 steps to night shelter. Other services when available: rent and utility assistance; bus tokens.
7	CENTER FOR COMMUNITY SOLUTIONS 7339 El Cajon Boulevard, Suite J La Mesa, CA 91941 (619) 697-7477 Fax: (619) 697-5678	Mon – Fri: 8:30am to 5:30pm	Housing and counseling for battered women and children.	No age limit.	Phone-in interview is required prior to acceptance. 24-hour hotline: (888) 386-4657 for rape and battery.
8	CHICANO FEDERATION OF SAN DIEGO COUNTY 3180 University Avenue, #317 San Diego, CA 92104 (619) 285-5600 Fax: (619) 285-5616	Mon – Fri: 8am to 5pm	Food Bank referrals. Shelter referrals.	Anyone in need. Given according to pay stub (which indicates low income status).	Bilingual staff available.
9	CHILD DEVELOPMENT ASSOCIATES, INC. 678 Third Avenue, Suite 206 Chula Vista, CA 91910 (619) 427-4922 Fax: (619) 205-6265 Contact: Loraine	Mon – Fri: 8:30am to 5pm	Financial reimbursement for foods served through licensed/trust lined day care providers. Nutrition education and program development in home.	Reimburses licensed day care provider/trust lined day care. Flat rate per child per meal.	State/Federal funded program. Free of charge to participant. Nutrition education resource for participants.

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	NAME	HOURS	WHAT'S AVAILABLE	ELIGIBILITY	COMMENTS
10	CHRISTIANITY IN ACTION, INC. P. O. Box 819 Pine Valley, CA 91962-0819 (619) 473-8019	Open: 9am to 7pm	Independent living facility. \$500 month, no drugs, alcohol or smoking.	Bible-based residence for men to get their life together.	Call any time for interview.
11	CHURCH OF CHRIST 6070 Division Street P. O. Box 740068 San Diego, CA 92174 (619) 263-6931 Fax: (619) 263-6933	Mon – Fri: 10am to 4pm By appointment only	Canned foods from pantry. Transportation for worship and bible study.	Offered to anyone in need within community.	Try not to serve the same people over and over, but no eligibility required. Must call for an appointment.
12	COMMUNITY CHRISTIAN SERVICE AGENCIES, INC. (CCSA) 4167 Rappahannock Avenue San Diego, CA 92117 (858) 274-2271 Fax: (858) 274-3506	Mon – Thur: 10am to 3pm Fri: 10am to 12:30pm	Canned and limited fresh food package – 3-day supply only. Government commodities. Limited case management. Other services available. Clothing.	Anyone. Photo ID required. If no identification, will assist in acquiring one. IDs required for children.	Also offering program for replacement birth certificates. Bus tokens for verified medical appointment.
	<u>Pacific Beach CCSA Office</u> 1675 Garnet Avenue San Diego, CA 92109 (858) 272-0163 Fax: No #	Mon - Fri: 10am to 4pm except holidays	Emergency food. Only 1 to 2-day food package. Clothing and hygiene items available.	Anyone with an emergency situation. Photo ID required. If no identification, will assist in acquiring one (limited basis).	Mostly single, homeless men.
13	COMMUNITY FOOD BANK 2605 Highland Avenue National City, CA 91950 (619) 787-2035	Fri: 10am to Noon	Emergency food bags, canned and dry food.	Low-income, once a month.	
14	COMMUNITY GARDENS University of California Cooperative Extension 5555 Overland Avenue, Bldg. 4, Suite 4101 San Diego, CA 92123 (858) 694-2859 Fax: (858) 694-2849 Contact: Vince	Mon – Fri: 8am to 5pm	Free list of existing community gardens in San Diego County. Information on starting new gardens.	Anyone.	Can give information on locations as well as how to start a garden in your area: Home Gardening Hotline (858) 694-2860 Mon – Fri: 9am to 3pm

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	NAME	HOURS	WHAT'S AVAILABLE	ELIGIBILITY	COMMENTS
15	COMMUNITY RESOURCE CENTER 656 2 ND Street Encinitas, CA 92024 (760) 753-8300 Fax: (760) 753-2404	Mon - Fri: 8am to 5pm Bread: Every day 11am to 2pm	Commodities Program – 3 rd Tuesday of every month. 1pm to 3pm Emergency food program for people in need. Casework referral. Counseling, diapers, formula. Family Legal Clinic.	People in need in North County-Coastal area. Over-stock surplus for needy. First come, first serve or until food runs out – call or walk in.	Also available: Bus tokens Clothing Employment preparation Healthy Families support Referral to shelters. Motel Voucher Program.
16	CONSIDER THE POOR MINISTRIES 7150 Peter Pan Avenue San Diego, CA 92114 (619) 262-1684 (619) 262-1763 Fax: No #	Thur & Fri: 10am to noon Tue: 2pm to 5pm Thur: 11am to noon Tue: Bread 1pm to 5 pm Anytime for emergencies.	Fresh produce twice a month. Canned goods, cereals, some frozen food, occasionally fresh vegetables (for senior and low-income apts). Pastries, clothing.	Emergency situations. Low income, senior citizens, TANF, unemployed and homeless.	Must fill out application. Involved in Toys for Tots during Christmas. Food baskets at Christmas. Please make appointment.
17	CRISIS HOUSE 1034 North Magnolia El Cajon, CA 92020 (619) 444-1194 Fax: (619) 444-1422 211 – referral line; when services cannot be provided immediately	Mon – Fri: 8:30am to 5pm Wed: 8:30am to 12pm only	Food pantry 2-3 day supply. Donations vary. Case management. Some clothing. Caseworker – family counselor. Bread Program – once a week. Walk-in basis. Assist once with shelter/housing. Call for appointment. Homeless food packs. 2 day supply.	Low income and homeless: According to the CSBT family income guidelines. No age limits. ID for family and income verification. East County region.	Also provide transitional housing; domestic violence intervention & emergency housing for women & children; CPS assistance; teen mentoring program; and victim's support group.
18	EPISCOPAL COMMUNITY SERVICES Emergency Assistance 2660 Hardy Drive Lemon Grove, CA 91945 (619) 463-2754 Fax: (619) 463-4570	Food by appointment. Call for appointment: (619) 463-2754	Canned foods, foods to be cooked, baby food and diapers upon request. Emergency groceries. Hygiene kits, 6 times a year.	Need some type of ID and Social Security Number on applicant. Target: Working poor. Need ID for each person in household.	
19	FAIR WINDS FAMILY RESOURCE CENTER 1450 Loma Lane Chula Vista, CA 91911 (619) 420-0468 Fax: (619) 420-5669	Mon-Fri: 8am to 5pm	Boxes of food, when available, diapers, clothing.	Referrals, mostly from schools and Community Outreach Workers (Promotoras). Must fill out intake form for services.	Assistance in applying for Healthy Families Insurance. Resume help & job referrals. www.chulavistacc.org for listing of 6 Family Resource Centers.
20	FALLBROOK FOOD PANTRY 1042 Mission Street South Fallbrook, CA 92028 P. O. Box 3008 Fallbrook, CA 92028 (760) 728-7608 Fax: (760) 451-2496	Mon – Fri: 9:30am to 12:30pm	Food packages. Certificates for clothing (mostly for children). Some clothing available on-site.	No age limit. Low-income families and individuals. Serve Rainbow, Bonsall and Fallbrook communities only.	Walk-ins. Other services include food and clothing only. Emergency food for the homeless. Referrals.

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	NAME	HOURS	WHAT'S AVAILABLE	ELIGIBILITY	COMMENTS
21	FIRST LUTHERAN CHURCH 1420 3 rd Avenue San Diego, CA 92101 (619) 234-6149 Fax: (619) 234-9128	Fri: 9am to 9:45am Mon evening: 4pm	Full meal to anyone.	Anyone in need.	Meals vary.
22	GOD'S EXTENDED HAND 469 16 th Street (at Island Avenue) San Diego, CA 92101 P. O. Box 989 San Diego, CA 92112 (619) 234-3251 Fax: (619) 234-3310	Mon, Tue, Thur, Fri, Sat: 8am & 3pm Sun: 3pm	2 meals per day on Mon, Tue, Thur, Fri & Sat. Sun: 3 pm only.	Anyone in need. No age limits.	Provides meals with church service. Spiritual counseling. Clothing for men and women. Check additional services & meal times on board outside building.
23	GOLDEN SHARE Host Site Locations are on the last page of this listing, or visit their website: goldensharefoods.com (619) 590-1692	Vary by Host Site Locations	Menu, sites, recipes, calendar, order form, questions all on website. Food packages are available.	Two hours of volunteer service per month.	Not a government program or charity, but instead promotes volunteerism. See attachment for Host Site Locations.
24	HEALTH & HUMAN SERVICES AGENCY (San Diego County) 4990 Viewridge Avenue San Diego, CA 92123 Attn: Barbara Silvia (858) 514-6899 Fax: (858) 514-6760	Mon – Fri: 8am to 5pm Tue: 9am to 5pm	Cash assistance. Will depend on what the client needs, as ascertained during screening.	For everyone.	Referrals for: Food Stamps Cal Works Medi-Cal General Relief
25	INDIAN HUMAN RESOURCE CENTER 4040 30 TH Street, Suite A San Diego, CA 92104 (619) 281-5964 Fax: (619) 281-1466 Contact: Juan Castiano	Mon – Fri: 8am to 4:30pm	Emergency food and a variety of social services dependent on client need. Employment & training services.	American Indian with tribal verification.	By appointment only. Call first. Subject to availability.
26	INTERFAITH COMMUNITY SERVICES 550 West Washington, Suite B Escondido, CA 92025 (760) 489-6380 Fax: (760) 740-0837	Food Distribution: Mon, Tue, Wed, Thur, Fri: 8am to 10:30am Mon – Fri: Breakfast: 6:30-7:30am First come, first served	Crisis intervention and assistance. Food distribution. Information and referral. Advocacy. Vouchers for shelter, transportation, prescriptions and recycled clothing when available. Counseling, inclement weather shelter (December – March).	No age limit. (18 and older.) Anyone in need. Photo ID required!	<u>Walk in</u> between 8am and 10am. Closed first Friday of every month. Afternoons by appointment only. Laundry Facility and Showers available before breakfast.

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	NAME	HOURS	WHAT'S AVAILABLE	ELIGIBILITY	COMMENTS
27	JEWISH FAMILY SERVICE 285 N. El Camino Real, Suite 218 (office) Encinitas, CA 92024 (760) 944-7855 Fax: (760) 943-2318	<u>Food Pantry:</u> Mon – Thur: 10am to 4 pm Fri: 8:30am to 4pm	<u>Food Pantry:</u> Located at 3715 Sixth Avenue, San Diego, CA 92103 Food Pantry Number: (619) 220-6015	Non-sectarian. Anyone in need.	Members of Christian churches also welcome. Must call first.
28	LAKESIDE CHRISTIAN HELPS CENTER 9931 Channel Road Lakeside, CA 92040 (619) 561-3488 Fax: No #	Mon – Fri: 10am to Noon Closed holidays.	Food for 2 to 3 days, one time a month. Clothes closet.	Lakeside residents only or homeless. Proof of address, Social Security #)	Donations from churches in Lakeside.
29	LEMON GROVE SENIOR CENTER 8235 Mt. Vernon Street Lemon Grove, CA 91945 (619) 337-1425 Fax: (619) 337-1429	Mon – Fri: Senior Center Office Hours 8:30am to 4:30pm Nutrition Program Lunch 11:30am Activity hours vary.	Lunch and exercise 5 times/wk. Organized games and other social activities. Blood pressure check first and third Wednesdays of each month. Home delivered meal program.	Open to the public. 60 years and older, but transportation is only provided to residents of Lemon Grove and Spring Valley. Homebound due to medical reasons.	No membership fee. Exercise classes.
30	LIFELINE COMMUNITY SERVICE 200 Michigan Avenue Vista, CA 92084 (760) 726-4900 Fax: (760) 726-6102 (760) 966-6525	Mon – Thur: 8:30am to 5pm Fri: 8:30am to 2pm	Short-term family development service. Donated canned goods. Sometimes vegetables, commodities, donations. Case management.	Temporary emergencies only. No age limit. For people in family development program, legal assistance, employment service.	Clients screened to determine need. Other services available – mainly counseling. Transportation for seniors and disabled only.
31	LUTHERAN SOCIAL SERVICES OF SOUTHERN CALIFORNIA Project HAND 580 Hilltop Drive (Entrance facing “T” Street) Chula Vista, CA 91910 (619) 425-4061 Fax: (619) 425-4390 Contact: Raquel Peterson (619) 230-0997 – Info-line	Mon – Fri: 9am to 2pm	Emergency food.	No age limits. Required to bring picture ID, Social Security card, birth certificate, or school ID of any others needing help, including their children. Services given every 60 days.	Phone or walk-in. Call ahead first. Ann: Shared Housing. (619) 422-6876
		Mon - Thur: 9 am	Non-perishable food. Bus tokens when available. Fresh produce when available.	Anyone, once every 60 days. No walk-ins; need ID, Social Security Number and referral. Birth certificate for children.	Will help find shelter if available.

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	NAME	HOURS	WHAT'S AVAILABLE	ELIGIBILITY	COMMENTS
32	MEALS ON WHEELS/HOME DELIVERED MEALS <u>Coronado Sharp Hospital</u> 250 Prospect Place Coronado, CA 92118 (619) 522-3800 Fax: (619) 522-3813	Mon – Fri: (except major holidays) 11am to 12:30pm	Heart healthy diet. Hot lunch and cold dinner. \$35 per week for 10 meals.	Anybody in Coronado zip code 92118 only, on an as-needed basis.	
	<u>Greater La Jolla Meals on Wheels</u> 9888 Genesee Avenue La Jolla, CA 92037 (858) 452-0391 Fax: (858) 452-0391	Mon – Fri: 8:30am to 12:30pm	Cold lunch and hot supper, including holidays. Diets include lactose-free, renal, regular, low-sodium, bland and diabetic. \$6.50 per day/person. Container of mils with each meal.	Anyone that has a problem providing adequate nutritious meals for themselves due to physical & emotional problems. In Greater La Jolla area.	Two weeks minimum service. Fee adjusted if demonstrated financial need.
	<u>Vista/Oceanside Meals on Wheels</u> 651 Eucalyptus Avenue Vista, CA 92084 (760) 726-1225 Fax: (760) 726-1226	Mon – Fri: 7:30am to 1pm Frozen dinners delivered on Friday if needed for weekend.	Reduced salt/fat hot lunch, cold supper. Weekend meals are a variety of frozen entrees. Diets include diabetic, renal, cardiac, regular, bland.	Homebound seniors and disabled individuals (of any age) as long as they can pay \$7.00/day meal plan.	
	<u>Greater San Diego, Inc.</u> <u>Metro San Diego</u> 2254 San Diego Avenue, Ste. 100 San Diego, CA 92110 (619) 295-9501 Fax: (619) 686-6866	Mon – Fri: 8am to 4pm	Meals to homebound; 2 meals/day; 7 days/week; Special diets; Sliding scale, maximum fee is \$6.25/day for seniors. \$8/day for non-senior, disabled.	Seniors, age 60 years and above, unable to provide nutritious meals for themselves. Most areas of City of San Diego served including Mira Mesa, University City, Beach areas, Peninsula areas, Clairemont, Mid-City, Del Cerro/Allied Gardens, south to Hwy. 94.	Volunteers deliver meals. Next day delivery available. Home visits to assess needs. Information, referrals, and problem solving available. Free meals for pets.
	<u>Greater San Diego, Inc.</u> <u>North County</u> 930 Boardwalk, Suite C San Marcos, CA 92069 (760) 736-9900 Fax: (760) 736-9922	Mon – Fri: 8am to 4pm Sat: 9am to 1pm	Meals to homebound; 2 meals/day; 7 days/week; Special diets; Sliding scale, maximum fee is \$6.25/day for seniors. \$8/day for non-senior, disabled.	Both North Inland and North Coastal areas served; including: Carmel Valley, Poway, Penasquitos, Rancho Bernardo, Escondido, San Marcos, Oceanside, Carlsbad, Encinitas, Solana Beach, Del Mar and Vista.	Volunteers deliver meals. Next day delivery usually available. Home visits to assess needs. Information, referrals, and problem solving available. Free meals for pets.

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	NAME	HOURS	WHAT'S AVAILABLE	ELIGIBILITY	COMMENTS
	<u>Greater San Diego, Inc.</u> <u>East County</u> 165 East Park Avenue, Suite 102 El Cajon, CA 92020 (619) 447-8782 Fax: (619) 447-2308	Mon – Fri: 9am to 3pm	Meals to homebound; 2 meals/day; 7 days/week; Special diets; Sliding scale, maximum fee is \$6.25/day for seniors. \$8/day for non-senior, disabled. \$35 first day to set up – 3 days notice.	Servicing East County: Harbison, Crest, La Mesa, Santee, El Cajon, Lakeside and Alpine.	Volunteers deliver meals. Next day delivery available. Home visits to assess needs. Information, referrals, and problem solving available. Free meals for pets.
	<u>Greater San Diego, Inc.</u> <u>South County</u> 270 “F” Street, Room 22 Chula Vista, CA 91910 (619) 420-2782 Fax: (619) 420-8449	Mon – Fri: 8am to 4pm Sat: 8:30am to 1:30pm	Meals to homebound; 2 meals/day; 7 days/week/ Special Diets; Sliding scale, maximum fee is \$6.25/day for seniors. \$8/day for non-senior, disabled. \$35 first day to set up – 3 days notice.	Serves South County Area: including Lemon Grove, Spring Valley, Chula Vista, Bonita, National City, San Ysidro, Imperial Beach, Paradise Hills and Otay area.	Volunteers deliver meals. Next day delivery available. Home visits to assess needs. Information, referrals, and problem solving available. Free meals for pets. 15-day minimum service.
33	METROPOLITAN AREA ADVISORY COMMITTEE SERVICE CENTERS (MAAC) 2345 “E” Street, Suite 105 National City, CA 91950 (619) 472-2900 Fax: (619) 472-2028	Mon – Fri: 8am to 5pm	Network of social services. Emergency food only when available. Multi-social services.	No age limit. Must be low- income according to federal poverty guidelines. Verification of income and address. Residents of 91950 zip code only.	Phone or walk-in.
	1355 Third Avenue Chula Vista, CA 91911 (619) 409-1780 Fax: (619) 422-9202	Mon – Fri: 8am to 5pm	Network of social services. Canned foods. Food box when available for families.	Anyone in need. No age limit. IDs required for adults. Birth Certificates & SS# for children. Proof of residency & proof of income. Must be low-income according to county/federal poverty guidelines.	Call first. Will provide food for one month, 4 times a year.
	663 East San Ysidro Boulevard San Ysidro, CA 92173 (619) 428-1139 Fax: (619) 428-1528	Mon – Fri: 8am to 5pm	Network of social services. Emergency food only when available. Brown bag for seniors once a month.	No age limit. Must be low- income according to federal poverty guidelines. Proof of application for AFDC or unemployment and proof of ID.	Must make appointment.
34	MID-CITY CHRISTIAN SERVICE AGENCY 6184 University Avenue San Diego, CA 92115 (619) 286-1100 Fax: (619) 286-1109	Mon – Thur: 10am to 12pm 1pm to 3pm	Emergency assistance. Food. Baby formula when available.	Anyone. No age limit. Photo ID or Social Security card required. Extreme emergencies.	All family members need IDs.

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	NAME	HOURS	WHAT'S AVAILABLE	ELIGIBILITY	COMMENTS
35	NATIONAL CITY NUTRITION PROJECT 1415 "D" Avenue National City, CA 91950 (619) 336-6752 Fax: (619) 477-0120	Doors open at 11am Meals served: Mon – Fri: 11am to 12:30pm	Congregate meals.	Seniors over 60.	Suggested donation \$3.00. Home delivered lunch: National City \$3.50.
36	NAVY-MARINE CORPS RELIEF SOCIETY <u>NMCRS Camp Pendleton</u> Marine Corps Base Building 1121 Camp Pendleton, CA 92055 (760) 725-5337 or 725-5338 Fax: (760) 385-4356	Office: Mon, Tue, Wed, Fri: 8am to 4pm Thur: 8am to 3pm	Broad areas of assistance that encompass basic living expenses (rent, food, utilities), emergency transportation, emergency food locker, budgeting information and <i>Budget for Baby</i> classes (with a free layette for service members).	Navy and Marine Corps personnel and their dependents (active duty or retired). A valid military ID is necessary.	Call at 8am regarding appointment scheduling. Requests for assistance must fall within Navy-Marine Corps Relief Society Policy Guidelines. Walk-ins not guaranteed food same day.
	<u>NMCRS Miramar</u> 2273 Elrod Avenue, Building 2273 San Diego, CA 92145-5296 (858) 577-1807 Fax: (858) 549-2006	Mon – Fri: 8:15am to 4pm	Emergency food – <u>Checks for commissary</u> or to a person. Non-perishable foods. Food Locker available.	Navy and Marine Corps personnel and their dependents (active duty or retired). A valid military ID card is necessary. Requests for assistance must fall within Navy-Marine Corps Relief Policy Guidelines.	Call in advance regarding appointment scheduling. Walk-ins: 8:15am. First come/first serve. Appointments have priority. Emergency leaves have priority over everything.
	<u>NMCRS North Island</u> North Island, 318 "W" Bldg. San Diego, CA 92135 (619) 435-8786 Fax: (619) 437-8992	Mon – Fri: 8am to 4pm	Broad areas of assistance that encompass basic living expenses. Checks for commissary.	Navy and Marine Corps personnel and their dependents (active duty or retired). A valid military ID card is necessary.	Requests for assistance must fall within Navy-Marine Corps Relief Policy Guidelines. Limited numbers of appointments are scheduled. Call in advance regarding appointment scheduling. Remainder of clients seen on walk-in basis. First come/first serve.
	<u>NMCRS San Diego</u> 32 nd Street, U.S. Naval Station, Bldg. 270 P. O. Box 8103 San Diego, CA 92136-8103 (619) 238-1588 Fax: (619) 531-0083 (619) 544-1883	Mon – Fri: 8am to 4pm Appointments: 8:15am to 2:15pm	Broad areas of assistance that encompass basic living expenses. Checks for commissary.	Navy and Marine Corps personnel and their dependents (active duty or retired). A valid military ID card is necessary.	
	<u>NMCRS MCRD San Diego</u> Marine Corps Recruit Depot Relief Society Building 14 San Diego, CA 92140 (619) 293-3730 Fax: (619) 293-3732	Mon – Fri: 8:30am to 4pm	Broad areas of assistance that encompass basic living expenses. Checks for commissary.	Navy and Marine Corps personnel and their dependents (active duty or retired). A valid military ID card is necessary.	Call in advance regarding appointment scheduling. Requests for assistance must fall within NMCRS policy guidelines.

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	NAME	HOURS	WHAT'S AVAILABLE	ELIGIBILITY	COMMENTS
37	NEIGHBORHOOD CARE CENTER College Avenue Baptist Church 6122 El Cajon Boulevard San Diego, CA 92115 (619) 582-7222 Fax: (619) 582-5346 Ext. 294, 295	Mon – Fri: 9am to noon	Food assistance, used clothing, limited household items, bedding and cookware. Job lists are posted. Clothing Room not open on Monday.	Homeless: every 30 days. Not Homeless: 3 times a month. Must live within 20 blocks of agency. Eligibility boundaries: 49 th to 70 th Street and University Avenue to Highway 8. Bates Street and others by referral.	Help obtain DMV ID cards. Give bus token for specific needs: interviews, medical needs, court appearances. (Token \$ needs to be re-paid.) Showers two times a week. Also laundry for homeless once a week. Can earn additional food, bus tokens, clothing by doing chores.
38	NEIGHBORHOOD HOUSE ASSOCIATION 841 S. 41 st Street San Diego, CA 92113-1221 (619) 263-7761 Fax: (619) 263-6398	Mon, Wed, Fri 9am to 11:30am 1:30pm to 4pm	Agency referral accepted from INFO-LINE . Emergency food. Clothing sometimes available.	Some form of San Diego County photo identification needed.	See San Diego Food Bank or call 211 or (858) 527-1419
39	OFFICE OF SOCIAL CONCERNS MISSION SAN LUIS REY PARISH 4070 Mission Avenue Oceanside, CA 92057 (760) 757-3250 X399 Fax: (760) 757-3299	Tue – Sat: 8am to 4pm	Emergency food.	No age limit. Must have ID, proof of Oceanside residency.	Phone for appointment.
40	PRESBYTERIAN CRISIS CENTER 2459 Market Street San Diego, CA 92102 (619) 232-2753 Fax: (619) 238-5211	Mon – Thur: 9am to 11:30am Arrive at 11:45am to get number for the afternoon. Closed 1 st Friday of the month.	Emergency Food. Clothing. Case management. Referrals to shelter. Assistance with prescriptions.	Anyone in need. First come/first served basis. Photo ID & rent receipt required for food assistance only.	Walk-ins, <u>except</u> Friday after 11:30am.
41	RAMONA FOOD & CLOTHES CLOSET, INC. 773 Main Street Ramona, CA 92065 (760) 789-4458 Fax: See comments	Mon – Fri: 10:30am to 12 noon 2:30pm to 4 pm	Food package for 3 days according to family need. Emergency food and clothes.	Residents of Borrego Springs, Julian, Ramona, Ranchita, Santa Isabel, or Warner Springs. Government standards on income and family size.	Clothes available on an as-needed basis. Fax: Same as regular phone – notify before sending a fax.
42	SAINT CLAIRE'S HOME, INC. 243 S. Escondido Blvd., #120 Escondido, CA 92025-4116 (760) 741-0122 Fax: (760) 741-1241	Mon – Fri: 8am to 5pm	Provide food, shelter, and emergency service for clients residing at the Home, only. Drug and alcohol recovery. If available, charge 30% of income. Reductions for # of children.	Homeless females with children or pregnant women. Domestic violence assistance for women with children.	No pregnant women if less than 18 years old unless emancipated; 9 residences available. Residences short term up to two year. Licensed care for infants and preschoolers. 2 homes for women after 2 years.

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	NAME	HOURS	WHAT'S AVAILABLE	ELIGIBILITY	COMMENTS
43	SAINT FRANCIS CHARITIES 328 Vista Village Drive Vista, CA 92083 (760) 631-4792 Fax: (760) 631-8238	Mon – Fri: 8:30am to Noon Thrift Shop: 9am to 4pm Immigration: 9am to 12pm, 1pm to 4pm	Emergency food; other services as available; rent and utility assistance, bus passes.	Picture ID and proof of North County residency required. Social Security or ID for household members.	Immigration Services available. Package comes according to food availability/limited to once per month, only 3 times per year.
44	SAINT VINCENT De PAUL VILLAGE <u>Joan Kroc Center/Bishop Maher/Paul Mirabile Center</u> 1501 Imperial Avenue San Diego, CA 92101 (619) 233-8500 Fax: (619) 235-9707	Start Times: <u>Meals for non-residents</u> Mon – Sat. Lunch 11am to 12:30pm Brunch Sun: 9:30am to 11am	Meals for residents. Shelter only, by referring agencies or INFO-LINE , call daily to find out availability. Medical clinic and counseling. Short Term: 4 months.	Anyone in need.	Walk in and sign in at the door. Clothing vouchers for thrift store Mon – Sat 8:30am to 10am.
45	SALVATION ARMY <u>Pine Valley</u> P.O. Box 932 Pine Valley, CA 91962 (619) 473-0165 Fax: (619) 473-8021	Mon – Thur: 10am to 4pm	Up to 3-day supply of emergency food: canned and dried foods. Mobile Unit Delivery.	Anyone in need. Photo ID. Proof of income. Rent receipt. Must verify emergency. Appointment necessary. Serving far East County, including Descanso, Campo, Guatay, Jacumba, Lake Morena and Pine Valley.	Assistance when needed.
	<u>El Cajon</u> Family Services Center 1011 E. Main Street El Cajon, CA 92021 (619) 440-3579 X404 Fax: (619) 440-3994	Mon, Tue: 10am to 12pm 1:30pm to 4pm Wed, Fri: 8:30am to noon 1:30pm to 4pm Thur: 10am to noon	3-day supply of emergency food: canned and dried foods, bread. Clothing vouchers.	Anyone in need. Photo ID. Proof of income. Rent receipt. Must verify emergency. Serving El Cajon, Lakeside, Santee, Spring Valley, Alpine, Jamul and La Mesa 91941 east of 125.	Assistance at least 60 days. No more than 3 times a year, for different emergencies. 60+ years 11:15am – 12:30pm. \$3.00 and Home Delivery.
	<u>Escondido</u> 1301 La Villas Way Escondido, CA 92026 (760) 745-8685 Fax: (760) 741-6544	Mon – Fri: 7am to noon 1pm to 3:30pm	3 times a year supply of emergency food: canned and dried foods, bread & diapers. Clothing vouchers for job interview. Diapers when available.	Anyone in need. Photo ID. Proof of income. Rent receipt. Must verify emergency.	Assistance once every 60 days. No more than 3 times a year.
	<u>Joan Kroc Community Center</u> 6845 University Avenue San Diego, CA 92115 (619) 269-1430	Mon, Tue, Wed, Fri: 9am to 12pm 1pm to 4pm Thur: by appointment 9am to Noon	3-day supply of emergency food: canned and dried foods, bread.	Anyone in need. Photo ID. Proof of income. Rent receipt. Must verify emergency. SS# or AFDC Statement for kids.	Assistance once every 60 days. No more than 3 times a year. Mailing Address: 6845 University Avenue

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	NAME	HOURS	WHAT'S AVAILABLE	ELIGIBILITY	COMMENTS
	<u>Main Office</u> 825 7 th Avenue San Diego, CA 92101 (619) 231-6000 Fax: (619) 231-3274 X2400	Mon, Wed, Fri: 10am to noon Tue: appointment only Wed: 10am to 12 Thur: appointment only Fri: 10am to Noon 1pm to 3pm	3-day supply of emergency food: canned and dried foods, bread.	Anyone in need. Photo ID. and SS#. Proof of income. Must verify emergency. SS# for children.	Assistance once every 30 days.
	<u>Oceanside</u> 3935 Lake Boulevard Oceanside, CA 92056 (760) 631-4712 Fax: (760) 631-8468 Contact: Colette Tate	Mon – Fri: 8:30am to noon Mon, Tue, Wed, Fri: 1pm to 4:30pm Thur: by appointment	3-day supply of emergency food: canned and dried foods, bread.	Anyone in need. Photo ID. Proof of income. Rent receipt.	No more than 3 times a year.
46	SAN DIEGO COALITION FOR HOMELESS 4101 University Avenue (Enter off 41 st Street) San Diego, CA 92105 (619) 281-1815 Fax: (619) 281-4561	Mon – Fri: 10am to 4pm	Emergency food, baby food. Clothing when available.	Picture ID card <u>or</u> Medi-Cal card or birth certificate. If homeless, proof of ID (drivers' license).	Food given to homeless 4 times a year. Food given to elderly – no restrictions. Blankets and clothing also given. Referrals to Senior Citizens Commodities on Sundays.
	<u>Meal Center</u> 13 th and Broadway San Diego, CA 92101	Meals: Tues: 7pm	Hot meals provided.	Anyone in need.	
47	SAN DIEGO FOOD BANK 9850 Distribution Avenue San Diego, CA 92121 (858) 527-1419 Fax: (858) 527-1457	Mon – Fri: 8am to 5pm	Provides and/or coordinates collection, storage and distribution of emergency food items. <u>Charity Food Distribution Program</u> for non-profit agencies or community organizations to distribute free food to participants.	<u>Food Boxes</u> at 50 sites – low-income seniors over 60 with income at or below 130% of the Federal Poverty Guidelines. <u>Children and infants</u> under six with income at or below 185% of the Federal Poverty Guidelines. <u>Emergency Food Assistance</u> – 85 sites – low-income families and individuals 150% above the Federal Poverty Income Guidelines. <u>Brown Bag Lunch</u> at 18 sites – seniors over 60 with income 100% of the California SSP for a blind individual.	Dial 211 or (858) 527-1419. Program of Neighborhood House.

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	NAME	HOURS	WHAT'S AVAILABLE	ELIGIBILITY	COMMENTS
48	SAN DIEGO RESCUE MISSION 120 Elm Street San Diego, CA 92101 (619) 687-3720 Fax: (619) 234-4101	8am to 5pm Appointment only.	Education, counseling, medical, meals, spiritual, vocational transitional living. Food to non-profit agencies. Call: (619) 778-7224	Homeless men in the rehabilitation program. Rehabilitation assistance provided to residents only.	<u>Emergency Shelter:</u> Nueva Vida Haven Dinner and Breakfast at shelter. Homeless women & children in the rehabilitation program. Children 12 and under.
49	SEVENTH DAY ADVENTIST <u>Paradise Valley Church</u> Community Service 2737 East 7 th Street National City, CA 91950 (619) 267-8012 Fax: No #	Tue only: 9am to 1pm	Only Bread/Desserts. As available. Clothing once a month.	Anyone in need in National City. They have to have an address and ID.	Clothing free to anyone (two items per person).
	<u>31st Street Church</u> Seventh Day Adventist Church 414 South 31 st Street (corner of Franklyn) San Diego, CA 92113 (619) 231-3652 Fax: (619) 231-1887	Thur: 8am to 9:30am	Includes vegetables, meat and bread; emergency food package on appointment/as-needed basis. (619) 235-6823. Mon-Thur before noon.	Anyone in need	
50	SOUL SEEKERS FOR CHRIST 986 9 th Street Imperial Beach, CA 91932 (619) 429-6167 Fax: No #	Thur – Tue: (Closed Wed. only) Must arrive before 8am	Food limited – depend upon donations mostly.	Anyone in need. On a first come, first serve basis.	Walk-ins; individuals needing food must show up by 8am. Need to bring bag or box to carry food.
51	SOUTHEAST COUNSELING & CONSULTING SERVICE, INC. 5895 Imperial Avenue San Diego, CA 92114 (619) 266-3688 Fax: (619) 266-3693 <u>Food Bank Distribution:</u> 5825 Imperial Avenue San Diego, CA 92114	60+ Fourth Friday of the month: 10am to 12pm 2 nd and 4 th Thur: 10am to 1:30pm (Food Pantry at St. Stephens Church)	Pre-made box of food. 4 th Friday Children and Seniors.	Picture ID, proof of income, proof of residency. 60 years or older and families who do not receive WIC.	Must sign up during distribution.
52	SOUTHERN CALIFORNIA TRIBAL CHAIRMEN'S ASSOCIATION <u>Commodity Food Distribution Program</u> Rincon Indian Reservation 33509 Valley Center Road P.O. Box 1326 Valley Center, CA 92082 (760) 749-5608 Fax: (760) 749-7700	Mon – Fri: 7:30am to 3:30pm	Food for households with little or no income or those living on fixed income on 18 Indian reservations.	Over 18 years. Must be living on a County Indian reservation. Low income.	Limited area served. If receiving Food Stamps or SSI, applicant is not eligible for this program.

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	NAME	HOURS	WHAT'S AVAILABLE	ELIGIBILITY	COMMENTS
53	SPECIAL DELIVERY 4021 Goldfinch Street San Diego, CA 92103 (619) 297-7373 Fax: (619) 297-7632	Mon – Fri: 8:30am to 4:30pm Delivery from 3pm to 5pm	Free meals delivered to AIDS clients Monday through Friday.	Must demonstrate financial need. Referrals from physicians, case managers, and social workers. Will feed dependents when needed.	Prepare and deliver meals for people living with AIDS and other terminal illnesses. Will help others in need on individual basis.
54	THURSDAY'S MEAL Contact: Don Lynn	Every Thur: 4pm to 5pm Lauderbaugh Elementary School 390 Palomar Street Chula Vista Fri: 11am to 12pm Church of God 456 Fifth Avenue Chula Vista (See next column for more hours)	Congregate feeding <u>all free</u> . Hot meals. Milk for children. Bread to take home if available. Hours (cont.) Fri: 4pm to 5pm The Most Precious Blood Church 1245 4 th Avenue Chula Vista Sun: (or as posted) 5pm International Christian Center 1236 3 rd Avenue Chula Vista	Anyone needy, homeless, children and hungry.	Do not allow anyone under the influence of drugs or alcohol to partake of meals.
55	TRAVELERS AID SOCIETY OF SAN DIEGO, INC. 306 Walnut Avenue, #21 San Diego, CA 92103 (619) 295-8393 Fax: (619) 295-3217	Mon – Fri: 9am to 5pm	Referrals to other agencies. Address traveling problems.	Non-residents only. 30-day limit. Need <u>destination</u> and phone number with verification.	Counseling provided. Bus tokens for medical appointment and job interviews with verification. Case management, domestic violence assistance for women.
56	UNION OF PAN ASIAN COMMUNITIES (UPAC) 1031 25 th Street San Diego, CA 92102 (619) 232-6454 Fax: (619) 235-9002	Mon – Fri: 8:30 to 5pm	<u>Feeding program for seniors</u> (congregate meals). Daily at different sites. Nutrition Program.	Meal program for seniors only \$3.00. Non-seniors \$3.50.	First come/first served.
57	UNITED WAY INFO LINE (Greater S.D. area, East County & South Bay) P. O. Box 881307 San Diego, CA 92168-1307 Call 211 for information	Call 211 for information	Call 211 for information	Call 211 for information	Call 211 for information

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	NAME	HOURS	WHAT'S AVAILABLE	ELIGIBILITY	COMMENTS
58	WIC PROGRAMS IN SAN DIEGO COUNTY (See Page 17 for individual clinic site addresses. Clinic hours vary) <u>American Red Cross (ARC)</u> 3950 Fortunada San Diego, CA 92123 1-800-500-6411 Fax: (858) 309-1286 <u>Scripps Mercy WIC Program</u> 550 Washington, Ste 520 San Diego, CA 92103 (619) 260-7054 Fax: (619) 686-3783 <u>North County Health Services</u> 150 Valpreda Road, #102 San Marcos, CA 92069 (760) 471-2743 Fax: (760) 752-4322 <u>San Diego State University Foundation</u> 8057 Vickers Street San Diego, CA 92111 1-888-999-6897 Fax: (858) 569-7906 <u>San Ysidro Health Center/Clinic</u> 1655 Broadway, Suite #18 Chula Vista, CA 91911 (619) 426-7966 Fax: (619) 426-7996	Mon, Wed, Fri: 7:30am to 5pm Tue, Thur: 7:30am to 6:30pm Sat: 9am to 1pm Sun: Closed Clinic hours vary. Mon – Fri: 8am to 4:30pm Clinic hours vary. Mon – Fri: 8am to 4pm only. Phone hours: 7:30am – 11:45am 12:45pm – 4:25pm Clinic hours vary. Mon – Thur: 9am to 6pm Fri: 8am to 5pm (Some Saturdays and late evenings) Clinic hours vary. Mon: 9am to 5:30pm Tue – Fri: 8am – 4:30pm Sat: 7:30am – 11am by appointment	Group nutrition education classes; individual dietary counseling; vouchers for specific high-nutrient foods. Referrals. Breastfeeding support. Same as above. Same as above. Same as above. Breastfeeding education classes and support programs including Breastfeeding Helpline, breast pump loans, early postpartum follow-up & incentive programs. Same as above. (Especially breast feeding classes.)	Low-income (Federal/State program guidelines). Pregnant/breastfeeding women and young children at nutritional risk, as determined by health professional. Up to age 5. Same as above. Same as above. Same as above. Same as above.	Eligibility recertified every 6 months. Current health assessment of applicant required. Reside in San Diego County. Clinic hours vary. Same as above. Same as above. Same as above.

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Golden Share Host Site Locations

- 91911: Bay View Baptist Church, 210 East Jamul Avenue, Chula Vista 619-422-1440
- Church of the Most Precious Blood, 1245 Fourth Avenue, Chula Vista 619-422-2159, 420-0231
- 91941: St. Martin of Tours, 7710 El Cajon Boulevard, La Mesa 619-465-5043
- 91977: Stepping Higher, Inc., 9617 Campo Road, Spring Valley 619-462-1691
- 92004: Community United Methodist Church, 633 Diamond Bar Road, Borrego Springs 760-767-5596
- 92019: St. John's Lutheran Church, 1430 Melody Lane, El Cajon 619-244-0373
- 92020: First United Methodist Church Bethlehem Food Pantry, 772 South Johnson Avenue, El Cajon 619-517-4364
- Foothills Christian Church, 350 Cypress Lane, Suite B, El Cajon 619-442-7728
- 92055: Marine Corps Base Camp, Building 1434, Camp Pendleton 760-725-2929
- 92064: Poway Share, 13033 Bonita Vista Street, Poway 858-229-6874
- 92071: Edgemoor Senior Center, 9065 Edgemoor Drive, Santee 619-956-2826
- Guardian Angels Church, 9310 Dalehurst Road, Santee 619-562-9586
- 92102: Mt. Olive Church, 4907 "A" Street, San Diego 619-264-8503
- 92104: Good News Baptist Church, 4106 Swift, San Diego 619-281-0740
- 92105: Municipal Employees Association, (MEA only), 4185 Home Avenue, San Diego
- The Village Townhomes, 3806 Fairmount Avenue, San Diego 619-285-1225
- 92110: Living Epistles Christian Center, 3405 Kenyon Street, #102, San Diego 619-225-2346
- 92111: Atonement Lutheran Church, 7250 Eckstrom Avenue, San Diego 858-273-0840
- 92114: Encanto Southern Baptist Church, 6020 Akins, San Diego 619-264-8641
- St. Stephens Church, 5825 Imperial Avenue, San Diego 619-262-2671 X303
- 92117: Clairemont Christian Church, 4330 Moraga Street, San Diego 858-273-5066
- 92119: St. Andrews Lutheran Church, 8350 Lake Murray Boulevard, San Diego 619-466-9243
- 92139: United Church of Christ, 5810 Alleghany Avenue, San Diego 619-475-5709
- 92154: NWCA Miramar Food Locker, San Diego 858-577-6550
- St. Charles Catholic Church, 990 Saturn Boulevard, San Diego 619-423-0242 or 619-575-0268

Call central number for Golden Share (619) 590-1692 or see their website: goldensharefoods.com for menus, sites, recipes, calendar, order form and questions.

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San Diego County WIC Locations Organized by ZIP Code

American Red Cross WIC (800) 500-6411

91977: 8810 Jamacha Blvd, Stes D, E, F, San Diego
 92017: 1984 Sunset Cliffs Blvd, San Diego
 92021: 564 North Second Str, El Cajon
 92040: 9841 Vine Str, Lakeside
 92054: 1906 Oceanside Blvd, Oceanside
 92055: Abby Reinke Comm Cntr, Bldg 201019, Wire Mtn Road, Camp Pendleton
 92055: Mainside, E and 14th Streets, Bldg 1131, Camp Pendleton
 92055: San Onofre Community Center, Bldg 51919, Marine Corps Base, Camp Pendleton
 92055: Carlsbad St. Patrick Community Cntr, 3256 Madison Str, Carlsbad
 92057: Mesa Margarita Community Center, San Luis Rey Valley Resource Center,
 521-B Vandergrift Blvd, Oceanside
 92064: Community Center Auditorium, 13094 Civic Center Dr, Poway
 92071: United Methodist Church, 8964 Magnolia Ave, Santee
 92111: 7612 Linda Vista Road, Ste 111, San Diego
 92114: 220 Euclid Ave, San Diego
 92115: 5821 University Ave, San Diego
 92124: Murphy Canyon Housing, Chapel of Light, 3200 Santo Rd, San Diego
 92134: Naval Med Cntr, 34800 Bob Wilson Dr, San Diego
 92135: Naval Air Station North Island, Family Svc Cntr, Bldg 318, San Diego
 92136: 32nd Str Naval Station, Bldg 263, San Diego
 92140: Marine Corps Recruit Depot, 4025 Tripoli Ave, Bldg 111 (classroom 5) San Diego
 92145: Marine Corps Air Station Miramar, Elrod Ave, Bldg 2274, Miramar

North County Health Services WIC Program (760) 471-2743 or (888) 477-6333

92024: 1130 Second Street, Encinitas
 92025: 649 West Mission Avenue, Ste 7, Escondido
 92054: 2210 Mesa Dr, Ste 2, Oceanside
 92065: 1530 Main Str, Ste 1B, Ramona
 92069: 150 Valpreda Rd, Ste 102, San Marcos
 92082: 28246 Lilac Rd, Valley Center
 92082: Indian Health Council, Rincon Reservation, Hwy S6 Golsh Rd, Valley Center

Scripps Mercy WIC Program (619) 260-7054

91911: Scripps Otay Health Center, 251 Palomar Street, Ste C, Chula Vista
 91950: Paradise Valley Medical Bldg, 502 Euclid, Ste 203, National City
 91950: Samahan Health Center, 2743 Highland Ave, National City
 92103: Scripps Mercy, 550 Washington, Ste 520, San Diego
 92105: Scripps Wellness Center, 4440 Wightman St, San Diego
 92111: Linda Vista Health Care Center, 6963 Linda Vista Rd, San Diego

San Ysidro Health Center WIC Program

91911: 1655 Broadway, Ste 18, Chula Vista, (619) 426-7966
 91932: 886 Palm Ave, Imperial Beach, (619) 429-0354
 91950: 1005 Plaza Blvd, Stes A & B, National City, (619) 477-0165
 92173: San Ysidro Health Center, 4494 Camino de la Plaza,
 San Ysidro (619) 662-4179

San Diego State University Foundation WIC (888) 999-6897

91910: 648 E Street, Chula Vista
 92020: 321 Van Houten, El Cajon
 92025: 335 East Valley Pkwy, Escondido
 92028: 504 East Alvarado Str, Ste 105, Fallbrook
 92054: Vista Community Clinic West, 517 North Horne Str, Oceanside
 92083: 1031 S. Santa Fe, Stes G & H, Vista
 92084: Vista Community Clinic, 1000 Vale Terrace Dr, Vista
 92102: Bay View WIC Office, 458 26th Str, San Diego
 92104: North Park WIC Office, 4101 30th Street, San Diego
 92105: True Faith Baptist Church, 4100 Poplar Street, San Diego
 92109: Pacific Beach, 2440 Grand Avenue, San Diego
 92113: Southeast WIC Office, 3177 Oceanview Blvd, San Diego
 92113: Logan Heights Family Health Center, 1809 National Ave, San Diego
 92131: Mira Mesa WIC Office, 10737 Camino Ruiz, Ste 135, San Diego